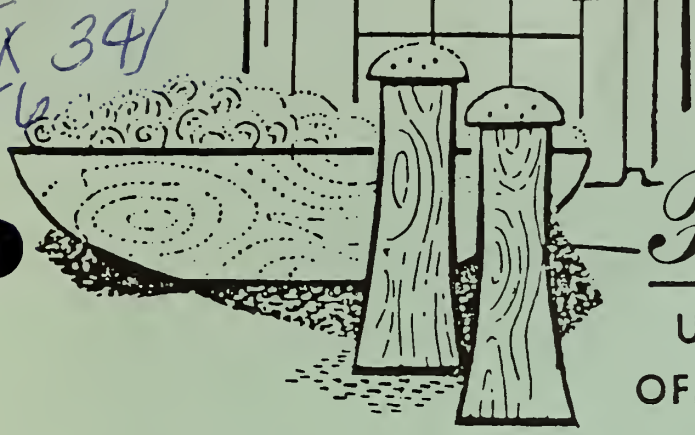


Historic, Archive Document

Do not assume content reflects current scientific knowledge, policies, or practices.

ATK 34/
Fl



Food and Home Notes

UNITED STATES DEPARTMENT OF AGRICULTURE
OFFICE OF COMMUNICATION WASHINGTON, D. C.

33RD YEAR

November 22, 1976

NO. 47



In This Issue:

- 1 - Gardening: Herb Garden To Open
- 2 - Food: Facts on Vegetables
- 3 - Research: On Analyzing Foods
- 4 - Photos: Bicentennial Days

Brined cabbage (good sauerkraut) has a pleasant tart and tangy flavor, and should be free from any off-flavors or off-odors. It is crisp and firm in texture and has a bright, creamy-white color. Good kraut does not have large, coarse pieces of leaves or core.

* *

Remember that cider vinegar has a mellow acid taste but may darken white or light-colored fruits and vegetables in the "pickling" process.

* *

If you are preparing vegetables for "pickling" and you think the vinegar is too sour -- don't dilute the vinegar, just add a little sugar.

* *

Off-flavors and off-odors develop when there is spoilage in sauerkraut, according to U.S. Department of Agriculture home economists. Spoilage in sauerkraut is indicated by undesirable color, off-odors, and soft texture.

* *

Pan-fried fruits lightly browned in butter or margarine make a deliciously different accompaniment for meats.

A NATIONAL HERB GARDEN -- TO OPEN IN 1977

A new National Herb garden is being created at the National Arboretum in Washington, D.C., by the U.S. Department of Agriculture and Herb Society of America. It will be completed at an estimated cost of \$250,000 which includes design, construction, and development.

Speciality gardens for medicinal herbs, flavorings, essential oils, bees, dyes, and teas, as well as herbs used by American Indians and early colonial settlers are planned. Old fashioned non-hybrid roses will also be featured in special arrangements, in addition to a "knot" garden of plants arranged in intricate patterns resembling various kinds of knots.

Ethnic groups will find some of their heritages in these herb gardens which are also planned to be used as teaching gardens. The herb garden will sum up the contribution herbs have made to America's pleasure and commerce -- and serve as an introduction to their new role in science.

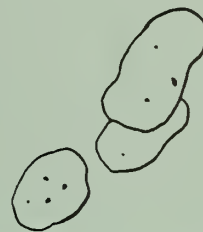
First stages of the garden are expected to be completed for viewing by mid-summer '77 which will also mark the 50th anniversary celebration of the National Arboretum.

DID YOU KNOW THAT.....

- Potatoes are commercially grown in every state in the United States.
- Since 1970 fall potatoes have accounted for approximately 80 percent of the U.S. crop.
- About 75 percent of the total fall crop of potatoes is produced in six states: Idaho, Washington, Maine, North Dakota, Minnesota, and Oregon.
- Per capita consumption of fresh potatoes has declined over several decades, while that of processed potato products has gradually trended upward.
- In 1974 per capita fresh potato consumption was just about 48 pounds and per capita processed potato consumption was above 66 pounds.
- Typically, potatoes are harvested with mechanical harvesters.
- Mature potatoes have a firm skin that resists skimming and brushing more than that of actively growing potatoes.
- California and Arizona supplied over 70 percent of the oranges sold for fresh use in 1974.
- Production of tomatoes for processing into canned products and catsup is concentrated in California, over 80 percent of the U.S. crop was produced in the Golden State in the last three seasons (1973-1975). Other important tomato production regions are the Midwest, primarily Ohio and Indiana, and the New Jersey Delmarva Peninsula area.
- Florida is the major supplier of frozen concentrated orange juice producing over 90 percent of the 1974 pack. Most Florida oranges are hand-harvested.
- California is the only state producing lettuce year'around although Arizona produced lettuce most of the year. In 1974, California produced 70 percent of the U.S. total while Arizona produced 13 percent.
- Idaho is the Nation's leading potato producer although only 20 percent of the State's crop was shipped fresh in 1974.

ON ANALYZING FOODS

AND NUTRIENTS



Did you know that there are about 60,000 different food items available in the United States? What nutrients are in those foods? We don't know all the answers, but scientists have recently found out that we have several nutrient requirements that they didn't know about before. One of the greatest needs today is in learning the nutrient composition of the foods we eat -- and what we actually need, according to scientists at the U.S. Department of Agriculture.



Ten years ago, or more, scientists discovered that our bodies need zinc. Most of us assumed that all sugars were virtually the same -- or, at least we assumed that all sugars were the same as far as nutritional values were concerned. Now we know that different sugars do have nutritional differences.



The types of fats and oils we eat have also changed. Iron for instance, may be only one percent available in one type of food. In another type of food, iron may be 20 percent available -- and nutritionists can't explain why.



A new Nutrient Composition laboratory is now being organized by the U.S. Department of Agriculture at the Agricultural Research Center, Beltsville, Maryland. The initial emphasis at the lab will be for fats, zinc, and copper, fiber and simple carbohydrates. Certain nutrients, scientists have learned, are part of a health risk to a significant part of the population. The lab will publish the results as they are available.





Virginia Farmhouse

1922

Photo # BN 44661



A young housekeeper
getting dinner.

Bethlehem, Pennsylvania

1870

Photo CEN 69

BICENTENNIAL PHOTOS - Food and Home Notes, U.S. Department of Agriculture

FOOD and HOME NOTES, a weekly newsletter directed to mass media outlets, is published by the U.S. Department of Agriculture's Office of Communication, Washington, D.C. 20250 -- Editor: Shirley Wagener...
Phone: 202-447-5898